


## A WORD FROM THE EXPERTS

# **The Children's Aid Society (CAS)- Carrera Adolescent Pregnancy Prevention Program**

Interviews with Developers of Evidence-Based  
Programs for Teen Pregnancy Prevention





*This webinar was developed by Child Trends under contract #GS-10F-0030R for the Office of Adolescent Health; US Department of Health and Human Services as a technical assistance product for use with OAH grant programs.*

*Inclusion on the HHS Teen Pregnancy Prevention Evidence Review does not indicate HHS or OAH endorsement of a program model.*



The Children's Aid Society

## Carrera Adolescent Pregnancy Prevention Program



**Dr. Michael A. Carrera**

Founder and Director  
Carrera Adolescent Pregnancy  
Prevention Program  
Vice President  
Adolescence Division



**Shelia Reich, MSW**

Deputy Director for  
National Implementation  
and  
Quality Assurance



**The CAS-Carrera program is guided by a philosophy that sees youth as "at promise" and not "at risk".**

## **Program goals :**

- Help adolescents avoid becoming parents in the second decade of their lives.
- The holistic, “above the waist” approach seeks to develop a participant’s capacity *and* desire to not only avoid early pregnancy, but to break the cycle of poverty and despair.

## **Target population:**

- Boys and girls from high need communities

## **Delivery methods:**

- After school model
- Integrated school model

## Core Components:

- Education
- Job Club
- Family Life and Sexuality Education (FLSE)
- Mental Health
- Medical and Dental Services
- Self Expression
- Lifetime Individual Sports

# Previous evaluation results

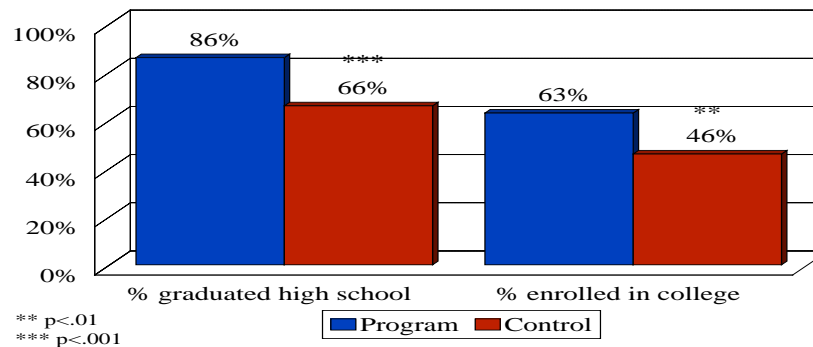
**CAS-Carrera has been designated as a “top tier” evidenced based program by the Coalition for Evidence-Based Policy.**

- **Study #1:** Large, multi-site randomized controlled trial (RCT) at 12 community based organizations in 6 states including: FL, MD, NY, OR, TX, and WA
- **Population:** Teens aged 13-15 who were not parenting or pregnant
- **Findings:**
  - ✓ Reduction in births by 50% in communities served
  - ✓ Delayed initiation of sexual intercourse
  - ✓ Used contraception more conscientiously
  - ✓ Higher sexuality information scores
  - ✓ More bank accounts and work experience
  - ✓ More employment experience over 3 years
  - ✓ Higher PSAT scores

# Previous evaluation results

- **Study #2:** Follow-up survey conducted by Philliber Research Associates (PRA) of 449 of the 598 program and control teens
- **Population:** Teens from the NY program sites who were eligible to graduate
- **Findings:** Significantly more of the program students had graduated from high school or obtained a GED, and significantly more were enrolled in college

Education-Related Outcomes - High School Graduation & College Enrollment



Philliber Research Associates, "The Children's Aid Society Adolescent Pregnancy Prevention Program: High Graduation and College Admission Results," 2007, and follow-up correspondence with researcher [Jackie Kaye](#).



## ■ Evaluated populations

- Male and female youth aged 13-15 from who were not parenting or pregnant, and who had been recruited from designated communities

## ■ Target populations

- “At promise” youth from underserved urban, rural, and suburban communities across the country
- Single-parent homes and in neighborhoods characterized by increased rates of poverty, teen pregnancy, crime, unemployment, and high school dropouts



- **Evaluated settings**

- Afterschool programs serving middle and high school youth

- **Other settings**

- CAS-Carrera program replications can be implemented in a variety of afterschool settings/program sites including schools, CBOs, churches, stand-alone facilities and/or spaces co-located with other service providers
- Program replications can also be implemented within the school day which is reflective of the integrated school model



# Potential adaptations

- **Potential adaptations/program applications:**

- **Cultural relevance**

- Programming materials and activities can be enhanced to include and reflect the cultural context of students served in the afterschool integrated school settings

- **Target population**

- While serving boys and girls together is desirable, the program can be offered in a single-sex context
    - Programming is also applicable to an extensive target population; including for example, youth in foster care



**Note: TPP grantees must obtain prior approval from OAH for any adaptations.**

# Staffing and training considerations

## ■ Staffing considerations

- CAS-Carrera has a requisite staffing structure which is tailored to reflect both the size and setting of the program demonstration. Staffing includes (a):
  - Program Coordinator
  - Community Organizer
  - Qualified staff to lead each of the component areas



## ■ Training considerations

- As a part of Fidelity Management, CAS-Carrera provides intensive pre-service and ongoing training, technical assistance, and support related to the launch and maintenance of program replications in addition to providing program materials, curricula, and protocols.

# Challenges and strategies for success

## Common challenges

- Managing attrition
- Staff retention
- Ability to be flexible in the face of challenges; working effectively with “host sites”
- Sustaining program impact once funding has ended
- Implementing a comprehensive, long term program is different than a short term intervention.

## Strategies for success

- Patience, perseverance, unyielding commitment to support youth as they navigate and transition from adolescence to adulthood

- High caliber staff that exemplify core principles and philosophy
- Robust component implementation centered on quality
- Age and stage appropriate youth engagement activities
- Maintaining close connections with developer/CAS-Carrera management team
- Adherence to program milestones and overall fidelity
- Program site that is accessible to community served

- Recent or planned curriculum revisions
  - CAS-Carrera will work with replications to develop specific strategies to ensure that the programmatic impact of this initiative extends beyond the grantee funding.
  - CAS-Carrera routinely updates component curricula to ensure that the most current, medically accurate information is reflected.

- **HHS Teen Pregnancy Prevention Evidence Review**
  - <http://tppevidencereview.aspe.hhs.gov/>
- **Link to implementation report**
  - <http://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=35&mid=1>
- **Link to developer's website**
  - <http://stopteenpregnancy.childrensaidsociety.org/>

# Thank you!



The Children's Aid Society  
**Carrera Adolescent Pregnancy Prevention Program**

Dr. Michael A. Carrera

[michaelc@childrensaidsociety.org](mailto:michaelc@childrensaidsociety.org)

Shelia Reich

[sheliar@childrensaidsociety.org](mailto:sheliar@childrensaidsociety.org)